



IRWINDALE AQUATICS CENTER

INTRODUCING AQUA STAND UP



Wednesdays & Fridays
September 28 - October 28

2PM – 2:45PM

Ages 16 & Older

**ADDITIONAL INFORMATION ON
THE BACK OF THIS FLYER**

Training Program inspired by
stand up paddle boarding
mixed in with different fitness
exercises like HIIT, Pilates,
Yoga and muscular
conditioning with a stabilized
PADDLE BOARD placed on
the water.



Wednesdays & Fridays

SEPTEMBER 28 - OCTOBER 28

2PM - 2:45PM

AQUA STAND UP is the best total body workout on an inflatable stand up paddle board. These fun and safe exercises are designed to improve balance, stabilize the core muscle groups, and increase cardiovascular endurance. The bonus, it's possible to burn up to 650 calories in the 45 minute workout.

Pre-Registration REQUIRED.

AGES 16 & Older

Proper swim attire required.

Residents may register: Tuesday, September 13, 2022 at 2PM

Non-Residents may register: Tuesday, September 20, 2022 at 2PM

Registration starts at 2PM on date specified or any time after (during operating hours) as space allows.



CLASS FEES
RESIDENTS:* FREE
NON-RESIDENTS: \$40

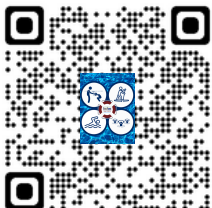


*VALID Resident ID card required or Irwindale City Employee card required for persons wishing to participate as an Irwindale resident.

ALL STUDENTS MUST BE REGISTERED

*** Limited to first 8 registrants.***

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For more information, please contact the
Irwindale Aquatics Center
16053 Calle de Paseo, Irwindale, CA 91706
626-430-2248 www.irwindaleca.gov

Aquatics Center
FALL Hours of Operation
TUESDAY - FRIDAY
2PM - 8PM